



RAINIER SENIOR CENTER
A Great Place...For Great People
RIVERSIDE REVIEW
 Volume 2015
 Issue 1 January 1, 2015

Rainier Senior Center
 48 W. 7th Street
 Rainier, OR 97048
BOARD MEMBERS:

Phone: 503-556-3889
Email: rainierseniorc@gmail.com
Web: RainierSeniors.com

<p>Bill Dias- President Rachel Kelley, Secretary Clint Kelley</p>	<p>Randy Bailey, Vice President Marilyn Tift, Treasurer Jan Rich</p>
<p>Keith Ekstrom Newsletter Editor- Liz Sandahl</p>	

WE WILL BE CLOSED ON JANUARY 1ST FOR NEW YEAR'S DAY.
HAPPY NEW YEAR TO EVERYONE!

The Membership Meeting will be held **Wednesday, January 28th 1:00.** Come to the meeting to see what is planned for 2015.

NOTE: Membership Dues have gone up January 1st to \$15.00 per year. Due to food cost increases and limited funding, the lunches will go up to a suggested donation of \$5.00 on January 1st.

* * * * *

Easy Exercise Class with Rachel: Rachel will start an easy exercise class starting on **Thursday January 8th at 9:30** and **each** following Thursday. She will make it fun for all!

* * * * *

NEW Web Page: We now have a new Web Page and you can check it out at **www.RainierSeniors.Com.** We also have **free WIFI** at the center for members or the public that want to use it.

* * * * *

Sponsor Lunch: The sponsor lunch will be held on Monday, January 5th. Our sponsor is Theresa Bentley from the Rainier Eagles Lodge.

* * * * *

Thank you to the St Helens Community Credit Union for their donation of money to pay for the prime rib for our Christmas Fundraiser Dinner. We sold 52 tickets. **Thank you** to the Rainier High School Choir that sang a group of favorite

Christmas songs, including one sing along song. **Thank you** to other high school students that were our servers, along with Amy Everman as kitchen help, and to all of them with clean up after the dinner. **Thank you** also to Bill and Jennifer Dias for cooking the meal.

* * * * *



Thursday, January 15th is National Hat Day! Wear your favorite hat and come to lunch that day with a chance to win a prize!

* * * * *



Movie Night: We will be showing a movie on **Wednesday, January 7th at 3:00.** **NOTE the new time. We will be showing "Night at the Museum".**

Potluck: There will be a potluck dinner at **5:00** on **Thursday, January 15th.** Bring a "share" food and come visit with members and others. Bring your own plate and table service.

* * * * *

Susannah's Supper: Susannah's Suppers will reconvene on **Friday, January 23rd at 6:30.** This is a free meal to the public, not just seniors. Donations are very much appreciated.

* * * * *

Five Area Luncheon: the 5 Area luncheons will resume each month starting on **Monday, January 26th** in Scappoose. A signup sheet is at the front desk.

* * * * *

Tax Donations: If you are looking for a charitable contribution for the tax filing year, the Rainier Senior Center is a non-profit charity where any donation would qualify as a tax write-off. Take this opportunity to help your Senior Center and yourself as well. Thank you for any donation no matter how big or small!

* * * * *

Volunteer of the Month: The December Volunteer of the Month is **Phyllis Cox.** She is the one who provides music for our senior center. She has been a past board member, and was involved in getting our new building and has been an active member for many years. As a member, she regularly attends the membership meetings to be up to date on the center's activities and events. Be sure to congratulate her for her volunteering!

* * * * *



HAPPY BIRTHDAY TO OUR JANUARY BIRTHDAY MEMBERS!

Birthday Snowdrop: Birthday Stone: Garnet

If your birthday is not listed or wrong, please contact the reception desk.

01/04 Martha Cramer
01/04 Don Pucket
01/06 Mary Keith
01/07 Carl Pellham
01/08 Diane Vigoren
01/09 Deanna Forsterling
01/10 Duane Bernard
01/11 Ruth Brockhaus
01/12 Robert McCollam
01/13 Barbara Huntington
01/15 Bobby Jo Harding
01/16 Irene Gibson
01/20 Don Graham
01/22 Bonnie Davis
01/26 Ray Sterling
01/29 Judy Johnson
01/29 Audrey Stienmetz
01/30 Tanya Fadden
01/30 Donna Massey
01/31 Harriet Curtis

Holidays:

01/01 New Years Day
01/15 National Hat Day
01,19 Martin Luther King Day

* * * * *

Veteran Service Officer: Veterans Service Officer Russ Clark will be in our Rainier Senior Center on Tuesday, January 13th at 1:00. Russ will answer questions and supply information regarding educational benefits, housing assistance, health care, scholarships and other service benefits. You can also reach him at his office at the Community Action Team in St Helens by calling 503-366-6580.

* * * * *



Morning Bingo: For those who enjoy BINGO, but do not want to come out at night, we are going to have morning BINGO sessions **on EVERY Tuesday, starting on January 6th, at 10:30.** Cards are \$3.00. Come have fun and stay for lunch.

* * * * *

Medical Equipment: Did you know that the center has a large supply of medical equipment available to our members, our community, and any with a need. These items are **free to use!** We have available wheel chairs, walkers, canes, crutches, shower seats, and many other items. If you need these or have family or friends that can use them after an injury or sickness, contact the center at 503-556-3889, or stop by to see what may be available to you.

* * * * *

CPR Class: Our Mayor, Jerry Cole will be holding an Adult CPR Class for members, and the public, on **Wednesday, January 28th at 10:00.** This is a **FREE** class, but certificates will not be given out, It will be about 1 hour long.

* * * * *

Health Cartoon:



* * * * *

Volunteer NO Host Dinner: All Senior Center volunteers are invited to a **No Host Dinner at El Tapatio on Friday, January 9th at 6:00.** Come join your fellow volunteers for a good time, and enjoy good food at while there.

* * * * *

Valentine's Day Dinner: Bring a special person, friend, or family member to this dinner celebrating Valentine's Day on **Saturday, Feb 7th at 5:00. Tickets will go on sale on Jan. 15th.** The dinner choices will be **Salmon for \$12.00 each, or Chicken for \$10:00 each.** More information in the next newsletter.

* * * * *

BP Checks: Lowell Norbom R.N will be here on Mondays at 11:00 to do **free** blood pressure and oxygen checks. Be sure to have yours checked!

* * * * *

Did You Know: The Senior Nutrition program is a federally funded program. This funding is not intended to cover all of the costs of a meal, but to help the Senior Meal Programs supplement their income and provide nutritious meals.

The Average cost to produce a meal is **\$7.79**

The federal funding reimbursement is **\$1.62- We get only \$0.75!**

The **shortfall per meal is \$6.17- Our Shortfall is \$7.04!**

The suggested donation for each meal is \$4.00 for people over 60.

Thank you to all of our Meals on Wheels Drivers, and our Senior Centers and other programs that feed our seniors. Money and food donations help make this possible.

* * * * *

Columbia River PUD works year-round to ensure our electric system is safe, reliable and well maintained. Even with all our preventative maintenance, occasionally the power goes out. Restoring power during a major storm takes much more than just flipping a switch or repairing one downed line. Here's how we prioritize repairs to get the job done:

- 1. Protect Public Safety** by addressing potentially life-threatening situations.
- 2. Repair Transmission Lines** that supply power to substations. If a BPA transmission line is damaged, their crews make the repairs.
- 3. Repair Substations** that serve thousands of customers each.
- 4. Repair Distribution Lines** that carry power from substations throughout our service area. When main distribution lines are re-energized, whole neighborhoods will have power restored.
- 5. Fix Service Lines** that deliver power to individual homes and businesses. In order for your home to have power, the transmission line, substation, and distribution line that deliver power to your service line must all be energized.

If there is someone relying on life support equipment or using oxygen in your home, it is very important that you plan ahead to prepare for storms, outages and other emergencies. Your backup plan should include an alternate source of power, such as a stand by generator, or transportation to another location. In an emergency, always call 9-1-1.

For more information on emergency preparedness or how we restore power, please visit the Columbia River PUD website at www.crpud.net/safety-and-outages.



God Looked Down: Most seniors never get enough exercise. So in his wisdom, God decreed that seniors would become forgetful so they would have to search for their glasses, keys and other things misplaced, and do some walking. And God Looked down and saw that it was good.

Then God saw there was yet another need. So God in his wisdom made seniors lose coordination so that they would drop things which would require them to bend and reach and stretch. And God looked down and saw that it was good.

Then God considered the functioning of seniors bladders and decided that in His wisdom there might be calls of nature more frequently requiring more trips to the relief station and that would burn calories. God looked down and saw that it was good.

Seniors were obliged to exercise more from these senior shortcomings and did become more active as a result.

So if you find you are required to get up and down more as you age, remember it's God's will and in your best interests, even though you mutter under your breath

* * * * *

More of Blond Men Jokes;

1. A blond man was driving home drunk as a skunk. Suddenly he has to swerve to avoid a tree, then another, then another. A cop car pulls him over, so he tells the cop about all the trees in the road. The cop says, "That is your air freshener swing about!"

2. A blond man's dog goes missing and he is frantic. His wife says, "Why don't you put an ad in the paper?" he does, but two weeks later the dog is still missing. "What did you put in the paper?" his wife asks.

"Here boy!" he replies.



3. An Italian tourist asks a blond man: "Why do Scuba divers always fall backwards off their boats?" To which the blonde man replies: "If they fell forward, they'd still be in the boat."

* * * * *

Tech Support Question: A woman customer called the Canon help desk with a problem with her printer.

Tech Support: "Are you running it under Windows?"

Customer: "No, my desk is next to the door, but that is a good point. The man sitting in the cubicle next to me is under a window, and his printer is working fine."

			1  CLOSED	2 Eric & Cheri on Banjo  Cake
5 <i>3 of Us</i> Sponsor Lunch BP Check-11:00 Bingo 6:00	6 Bingo 10:30	7 Movie 3:00	8 Exercise with Rachel 9:30	9 Volunteer Dinner At El Tapatio 6:00
12 <i>3 of Us</i> BP Check-11:00 Bingo 6:00	13 Bingo 10:30 Vet. Service Officer 1:00 Women's VFW 1:30 Men's VFW 6:30	14 WIC 9-11:00 <i>Ron Burton</i>	15 Hat Day Exercise with Rachel 9:30 <i>* Vern Kennedy</i> Pinochle 1:00	19
19 <i>3 of Us</i> BP Check-11:00 Bingo 6:00	20 Bingo 10:30	21 Board Meeting 1:00	22 Exercise with Rachel 9:30 Bunco 1:00 Pot Luck 5:00	23
26 <i>3 of Us</i> BP Check-11:00 5 Area Lunch Scappoose Bingo 6:00	27 Bingo 10:30	28 CPR Class 10:00 Membership Meeting 1:00	29 Exercise with Rachel 9:30	30

January 2015 Rainier Senior Center Activities www.RainierSeniors.com

Music Begins at 11:00am at the center.

Events are subject to change without notice.

Sponsor Lunch: A sponsor will introduce themselves on **Monday, Jan. 5th** during lunch.

Volunteer Dinner: The NO HOST dinner will be **Friday, Jan. 9th** at 6:00 at El Tapatio.

Morning Bingo: Bingo every **Tuesdays, in January** at 10:30. \$3.00 per card.

Movie: Free movie on **Wednesday Jan. 7th** at 3:00.

Potluck: Potluck will be **Thursday, Jan. 22nd** at 5:00.

CPR Class: A **FREE** class with no certificates on **Wednesday, Jan 28th** at 10:00.

**LUNCH MENU FOR JANUARY 2015
LUNCH IS SERVED AT NOON AT THE CENTER!!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  Closed	2* <i>Music/Cake</i>  Chili Burger Red Potato Salad Fresh Fruit w/Strawberries
5 * <i>Music</i> Pork Chops Red Potatoes 3 Bean Salad Mixed Veggies Stuffing	6 Cream of Broccoli Soup Tuna Sandwich	7 Chicken & Dumplings Yams/Sweet Potatoes Green Salad	8 Biscuits & Gravy Eggs Cottage Cheese Oranges, Apples & Bananas	9 Roast Beef Potatoes & Gravy Carrots Green Salad Roll
12 * <i>Music</i> Ham Broccoli Salad Potatoes Au Gratin Roll Baked Apples	13 Swedish Meatballs w/Pasta Squash Salad	14 * <i>Music</i> BLT Veg. Soup Chips Cole Slaw Peaches	15 * <i>Music</i> Baked Chicken Potato Salad Green Beans Salad	16 Meat Loaf Potatoes & Gravy Romaine Salad Peas & Carrots
19* <i>Music</i> Pork Roast Stuffing Yams Green Beans Applesauce	20 Egg & Sausage Frittata Peaches Veg. Plate Orange Slices	21 Swiss Steak Rice Green Salad w/Beets Mandarin Oranges	22 Lasagna Green Salad Calif. Mixed Veggies Garlic Bread	23 BBQ Chicken Quarters Macaroni Salad Spinach Salad Baked Apples
26 * <i>Music</i> Spaghetti w/Meat Balls Salad Oranges Garlic Bread	27 Hot Dog Mac & Cheese Green Salad Jell-O w/Strawberries	28 Hot Turkey Sandwiches w/Mashed Spuds Carrots & Brussels Sprouts Cranberries	29 Crisp Chicken Salad w/Romaine Veg. Soup	30 BBQ Ribs Potato Wedges Green Salad Carrots Baked Apples

**RAINIER SENIOR CENTER LUNCH MENU 503-556-3889 www.RainierSeniors.com
Call in and carry out orders need to be in no later than 10:30am. Menu is subject to change
without notice. Suggested donation is \$5 for lunch.**

WE DID 712 MEALS IN THE MONTH OF NOVEMBER!!

Eating in the Fifties:

1. Pasta had not been invented.
2. Curry was a surname.
3. A takeaway was a mathematical problem.
4. A pizza was something to do with a leaning tower.
5. All potato chips were plain; the only choice we had was whether to put the salt on it or not.
6. Rice was only eaten as a milk pudding.
7. A Big Mac was what we wore when it was raining.
8. Brown bread was something only poor people ate.
9. Oil was for lubricating, fat was for cooking.
10. Tea was made in a teapot using tea leaves and never green.
11. Sugar enjoyed a good press in those days, and was regarded as being white gold. Cubed sugar was regarded as posh.
12. Fish didn't have fingers in those days. Eating raw fish was called poverty, not sushi.
13. None of us had ever heard of yogurt.
14. Healthy food consisted of anything edible.
15. People who didn't peel potatoes were regarded as lazy.
16. Indian restaurants were only found in India.
17. Cooking outside was called camping.
18. Seaweed was not a recognized food.
19. "Kebab" was not even a word, never mind a food.
20. Prunes were medicinal.
21. Surprisingly, Muesli was readily available, it was called cattle feed.
22. Water came out the tap. If someone had suggested bottling it and charging for than petrol for it, they would have become a laughing stock.
23. The one thing we never had on the table in the fifties were elbows!

* * * * *

Comments of the 1950s:

1. Did you hear the post office is thinking about charging 7 cents just to mail a letter?
2. I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$10.00!
3. When I first started driving, who would have thought gas would someday cost 25 cents a gallon. Guess we'd be better off leaving the car in the garage.
4. It won't be long before young couples are going to have to hire someone to watch their kids so they can both work.
5. The fast food restaurant is convenient for a quick meal, but I seriously doubt they will ever catch on.

SPONSORS THAT SUPPOR OUR CENTER

**Birdbaths
Columbia River Carpet One
Country Financial
Eagles
Evergreen Pub & Café
J&R Sales
Lower Columbia Insurance
Nys Tree Farm
Olivia Brothers Rentals
Rainier Chevron Food Mart
Rainier Exhaust & Tire
Rainier Sign Company
Rainier St Helens Credit Union
The Cornerstone Cafe
United Methodist Church**

**City of Rainier
Columbia River PUD
Deli Store
El Tapatio
Fred Meyer
Knot Just a Bear
Means Nursery
Oregon Grape Stitch
Rainier Appliance
Rainier Church of God
Rainier Liquor Store
Rainier True Value
Safeway
Teevin Brothers
United Way**



“A Great Place...For Great People!”

**Rainier Senior Center
48 West 7th Street
Rainier, OR 97048**